



Backpack-tivity: An @Home Learning Activity

Cooking Up History

Introduction:

As you complete this activity, you will learn about Native American culture.

Materials:

You'll need wheat flour, baking powder, salt, dried skimmed milk powder, warm water, vegetable oil, and cooking utensils.

Directions:

Read together a book or story about Native American life. Talk about what you read. Then follow these directions to make Native American fry bread:

Ingredients:

2 1/2 cups all-purpose or wheat flour	1 1/2 tablespoons baking powder
1 teaspoon salt	3/4 cup warm water
1 tablespoon vegetable oil	Oil for frying
1 tablespoon dried skimmed milk powder	

Recipe Directions:

In a large bowl, stir together flour, baking powder and salt. In a small bowl, stir together the dried milk, water and vegetable oil. Pour the liquid over the dry ingredients and stir until dough is smooth. Add flour if dough is too soft. Knead dough with your hands about 30 seconds. Cover with a cloth and let sit 10 minutes. Line a baking sheet with paper towels to receive the finished loaves. Divide dough into eight sections. Take one section; keep the rest covered in the bowl. Roll the dough into a ball and flatten with your hand. Then roll it into a very thin circle 8 to 10 inches across. Cover the circle with a cloth. Prepare the other sections of dough in the same way. Pour 1 inch vegetable oil in the frying pan. When oil is hot, slip in a circle of dough. Fry for about 1 minute or until the bottom is golden brown. Turn the dough over. Fry the other side for 1 minute. Put bread on the baking sheet and continue with the other rounds of dough. Eat your fry bread while it's hot and crisp. Put honey on it if you like.

Talk About It:

How is fry bread different from the breads you usually eat?

Learn More:

Read *Loaves of Fun* by Beth Harbison.

This activity was completed by _____ and _____.

Adapted from the U.S. Department of Education <http://www.ed.gov/parents/academic/help/hyc.html> Helping Your Child series.

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